What is claimed is:

1. A method to protect cells in a lipid bilayer membrane, comprising administering a formulation comprising:

Vitamin E as d-α-tocopherol;

Vitamin E as dl-α-tocopheryl;

Vitamin E mixed tocopherols; and

tocotrienols in the forms comprising inseparable tocopherols.

2. The method of claim 1 wherein said tocotrienols are in the forms α, γ, β, and δ, and said inseparable tocopherols are in the forms of α, γ, β, and δ, said tocotrienols and said tocopherols being from rice, whereby said formulation is beneficial for antioxidant protection of cells in the human body containing a lipid layer membrane.

3. The method of claim 1 wherein said tocotrienols are in the forms α, γ, β, and δ, and said inseparable tocopherols are in the forms of α, γ, β, and δ, said tocotrienols and said tocopherols being from palm, whereby said formulation is beneficial for antioxidant protection of cells in the human body containing a lipid layer membrane.

4. The method of claim 1 wherein said Vitamin E mixed tocopherols are in the forms α, γ, β, and δ and are a blend of synthetic and natural sources of Vitamin E.

5. The method of claim 1 wherein said Vitamin E dl-α-tocopheryl is present at about 90 weight % of said active ingredients.

6. The method of claim 1 wherein said Vitamin E mixed tocopherols are present at about 5 weight % of said active ingredients.

7. The method of claim 1 wherein said tocotrienols from natural sources are present at about 5 weight % of said active ingredients.

8. A method to protect cells in a lipid bilayer membrane, comprising administering a formulation comprising:

Vitamin E selected from at least one of the ester group consisting of:

dl- α-tocopheryl acetate; and

dl- α-tocopheryl succinate;

Vitamin E as d-α-tocopherol;

Vitamin E mixed tocopherols in the forms α, β, γ, and δ;

tocotrienols in the forms α, β, γ, and δ.

9. The method of claim 8 wherein said Vitamin E as dl-α-tocopheryl ester, said Vitamin E as d-α-tocopherol, and said Vitamin E mixed tocopherols in the forms α, β, γ, and δ is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

10. The method of claim 8 wherein said Vitamin E as dl-α-tocopheryl ester is present at from 5 mg to 400 mg.

11. The method of claim 8 wherein said Vitamin E as d-α-tocopherol is present at from 5 mg to 400 mg.

12. The method of claim 8 wherein said Vitamin E as mixed tocopherols is present at from 5 mg to 200 mg.

13. The method of claim 8 wherein said Vitamin E as mixed tocotrienols in the forms α, β, γ, and δ is present at from 5 mg to 50 mg with variable composition of isomers:

α tocotrienol at 1 to 30%;

β tocotrienol at 0.1 to 30%;

γ tocotrienol at 1 to 30%; and

δ tocotrienol at 0.1 to 30%.

14. The method of claim 13 comprising: inseparable variable content of carotenoids comprising:

alpha carotene;

beta carotene;

gamma carotene;

lycopene; and

phytosterols and squalene.

15. The method of claim 8 comprising:

a marker selected from at least one of the group consisting of:

coenzyme Q10;

rosemary oil;

green tea;

α lipoic acid;

lycopene;

grape seed extract;

pine bark extract;

vitamin C;

natural beta carotene;

synthetic beta carotene;

γ-oryzanol;

selenium; and

lutein.

16. A method to protect cells in a lipid bilayer membrane, comprising administering a formulation comprising:

Vitamin E selected from at least one of the ester group consisting of:

dl-α-tocopheryl acetate; and

dl-α-tocopheryl succinate;

Vitamin E as d-α-tocopherol;

Vitamin E mixed tocopherols in the forms α, β, γ, and δ; and tocotrienols in the forms α, β, γ, and δ.

17. The method of claim 16 wherein said Vitamin E as dl-α-tocopheryl ester, said Vitamin E as d-α-tocopherol, and said Vitamin E mixed tocopherols in the forms α, β, γ, and δ is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

18. The method of claim 16 wherein said Vitamin E as dl-α-tocopheryl ester is present at from 5 mg to 2000 mg.

19. The method of claim 16 wherein said Vitamin E as d-α-tocopherol is present at from 5 mg to 2000 mg.

20. The method of claim 16 wherein said Vitamin E as mixed tocopherols is present at from 5 mg to 2000 mg.

21. The method of claim 16 wherein said Vitamin E as mixed tocotrienols in the forms α, β, γ, and δ is present at from 5 mg to 500 mg with variable composition of isomers:

α tocotrienol at 1 to 30%;

β tocotrienol at 0.1 to 30%;

γ tocotrienol at 1 to 30%; and

δ tocotrienol at 0.1 to 30%.

22. The method of claim 16 wherein said Vitamin E as dl-α-tocopheryl ester, said Vitamin E as d-α-tocopherol, and said Vitamin E mixed tocopherols in the forms α, β, γ, and δ is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

23. The method of claim 16 wherein said formulation is formed in a soft gel capsule further comprising :

gelatin;

glycerin; and

water for said soft gelatin formulation.

24. The method of claim 16 comprising: a marker selected from at least one of the group consisting of:

coenzyme Q10;

rosemary oil;

green tea;

α lipoic acid;

lycopene;

grape seed extract;

pine bark extract;

vitamin C;

natural beta carotene;

synthetic beta carotene;

γ-oryzanol;

selenium; and

lutein.

A formulation for Vitamin E doses with increased antioxidant capacity including:

Vitamin E as d-α-tocopherol;

Vitamin E as dl-α-tocopheryl;

Vitamin E mixed tocopherols; and

tocotrienols in the forms comprising inseparable tocopherols.